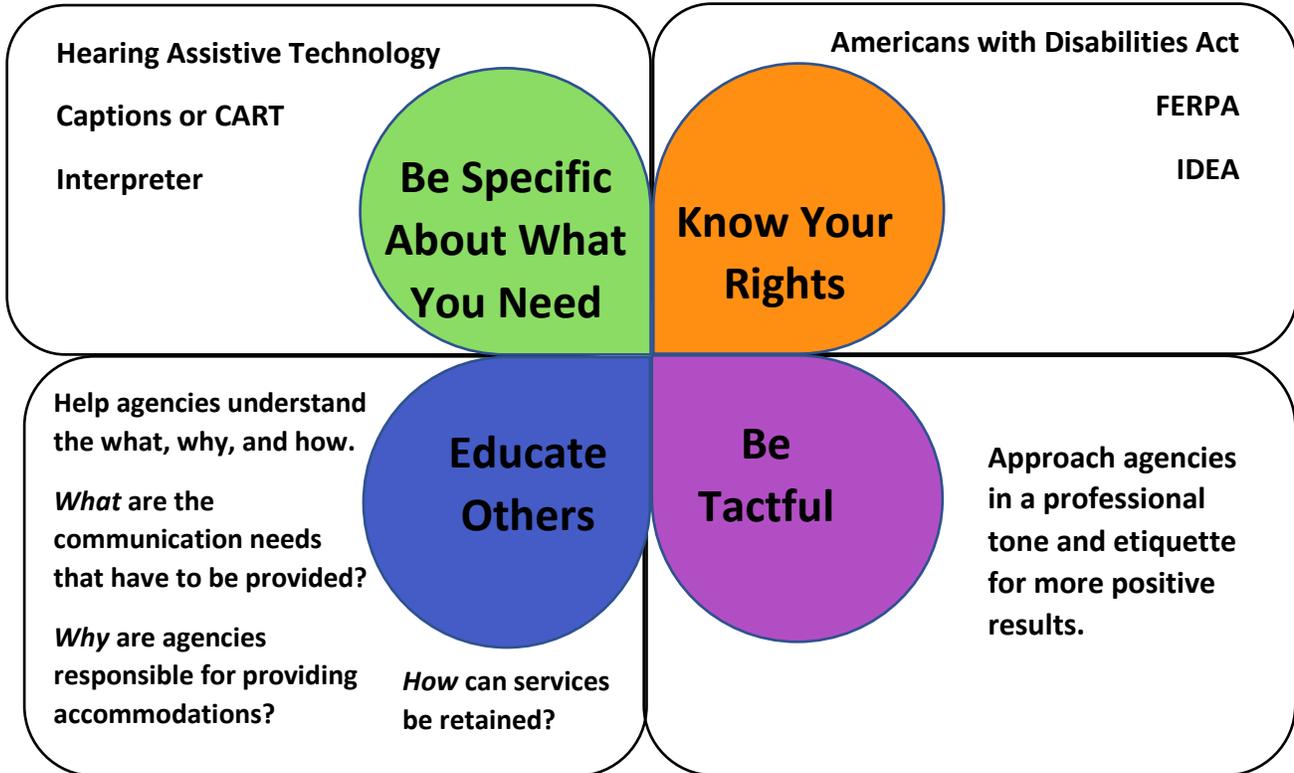




SELF-ADVOCACY

ASKING FOR ACCOMMODATIONS



Be specific about what you need:

- Hearing assistive technologies (HAT) includes devices and systems that assist individuals who are deaf or hard of hearing in accessing the environment. Some systems convey information visually, and some devices enhance auditory information. Examples include FM systems, audio induction loop systems, coupling accessories to connect to computers or TVs, visual alerting devices such as a strobe light connected to doorbells, captioning, and video phones.
- Captioners or CART is a real-time transcription system that provides instant translation of the spoken word into English text.
- Interpreters are specially trained individuals who provide real-time interpretation of spoken languages to ASL or a signed form of English.
- For more information:
 - Laurent Clerc National Deaf Education Center: Info to Go: Assistive Technologies for Individuals Who are Deaf or Hard of Hearing: [Assistive Technologies for Individuals Who are Deaf or Hard of Hearing](#)
 - National Deaf Center: Sign Language Interpreters: An Introduction: <https://www.nationaldeafcenter.org/sites/default/files/Sign%20Language%20Interpreters%20An%20Introduction.pdf>

Know Your Rights:

- The Americans with Disabilities Act is a Federal Civil Rights Law that protects the rights of people with disabilities to have equal employment opportunities and access to the same services as people who do not have disabilities. <https://www.ada.gov/>
- Family Educational Rights and Privacy Act (FERPA): [Family Educational Rights and Privacy Act \(FERPA\)](#)
- Individuals with Disabilities Education Act, (IDEA): [About IDEA - Individuals with Disabilities Education Act](#)

Educate Others:

- National Association of the Deaf, NAD's, *Tips for More Effective Advocacy*: <https://www.nad.org/about-us/law-advocacy-center/advocacy-tips/>
- RISE Interpreting, *Self-Advocacy Card*: <https://riseinterpreting.com/deaf-community/deaf-card>
- Guidance on securing interpreting or transcribing services: [FSSA: Deaf & Hard of Hearing](#)
- Description of interpreters: <https://www.youtube.com/watch?v=HKtuxTN4tDY>
- Description of oral interpreters: <https://azflis.com/services/oral-interpreting/>
- Description of CART: <https://www.youtube.com/watch?v=qn4B0gyDosA>

Be Tactful:

Advocating for what you need for effective communication is a goal intended to make the outcome the best for *all* participants. Draw the agency or professional into the discussion by using phrases with “we” or “us”. For example, “For us to understand each other completely, we will need captions on the videos to ensure we are all on the same page.”

Meet the party where they are and guide them to understanding what the law requires through education. Do not assume a resistance to compliance is due to unwillingness to provide accommodations. You could be the other party’s first experience working with someone who is deaf or hard of hearing. Approach it as a teachable moment. The more information you can provide, the greater the result will match the needs of everyone participating.

Self-Reflection:

I need _____ type of accommodations.

(interpretation, CART, captioning, visual alerting devices, etc.)

These accommodations can be provided by contacting _____.

(Name of agency or staff member to provide services.)